

# Woman's Page

Don't Let Your Time be Monopolized by One Man—Bit of Competition Good—Free Yourself Entirely From the Selfish One—Parisian Foot-wear Strikingly Uncanny—Creatures of the Earth, Air and Water Reproduced on Hosiery—Models Far From Being Conservative—Slippers, Buckled, Beribboned, and Beaded—Frisulous Styles—Four Good Recipes.

## THE MEANEST MAN.

About the meanest man that lives is the man who calls regularly and constantly on a girl and showers her with attentions to such an extent that other men, thinking them engaged, drop out; who gives her presents and takes up all of her time, yet never for a moment makes it clear that his object is matrimony.

This man is even meaner than the man who took his sweetheart's ring back to get the size altered and exchanged it for an imitation diamond.

Many a girl's whole youth has been wasted on one of these selfish creatures, who, after years of devotion (?) when he saw her charms fading, promptly turned to younger and prettier damsels.

Look out for yourself a bit, girls! Don't let your time and your company be taken too much for granted by any young man for too long a time.

When your crowd is planning a party or a dance see to it that you have a new escort occasionally, so that every one will not say: "Jack will bring Helen." Jack will not find you less attractive because some other young man likes you. In fact, he will soon come to his senses if he finds that Helen is popular with other men.

A bit of competition has stirred more than one lukewarm suitor into the discovery that he is really deservingly in love with a girl whom he had simply taken for granted.

Sometimes it is just carelessness on the part of the man when he drifts along with more or less regular attentions and indefinite intentions.

More often, however, it is nothing but selfishness. He does not want to give up his bachelor comforts, and he thinks Helen the most attractive girl for a call or for a pleasure trip that he knows. So he takes her out and gives her a good time. Every one thinks they are engaged and Helen is secretly mortified and humiliated.

The best thing a girl can do is to free herself entirely from the selfish man who neither wants to marry her himself nor to see her marry any one else.

## EVERYTHING IMAGINABLE DESIGNED ON STOCKINGS.

Odder and more weird than ever before are the latest conceits in Parisian foot-wear, while their extremity, it is said, has made itself felt even upon American conservatism, and is now to be reckoned with in the states as well as here. The sumptuousness of the materials employed in their creation is equaled only by the strikingly uncanny effects obtained. For the length of the whole animal world seems to have been measured in the effort to secure something really novel and new.

Creations of the air, the earth, and the water are reproduced in all the vividness of their natural coloring. One gorgeous lobster in brilliant carmine shade ran its long body up a fine silk stocking ribbed in novelty fashion to resemble sheer lace. This model was exhibited not long ago, along with another in which a romantic looking castle was embroidered in rich Persian colorings. One woman conceived the idea of having a likeness of her pet poodle embroidered on the ankle of her stocking, while a certain actress has ordered half a dozen pairs of flesh colored stockings with the outline of her favorite monkey done in glittering jet.

Following the same rage for net which has expressed itself in net lingerie, of all kinds, comes the extreme popularity for net stockings. Recklessly besprinkled with expensive stones or with beaded trimmings of the most costly variety, these stockings bring almost fabulous prices, though there are those set with medallions of real lace which bring a like high price.

Many of the new slipper models suggest decidedly the sandals of the old Greek days in the fashion in which they are ribbon laced, though here in all truthfulness it must be said that the analogy ceases, for the sanity of the eminently sane and sensible Greek would have been horrified at the huge heights to which the heels are now reaching. Buckled, beribboned, and beaded, the slippers are reincarnated this season in most frivolous and fascinating styles. One especially handsome cothurne model is shown of

rich black satin, extravagantly beaded, the darkness of the satin being relieved by an inlay and piping of white satin. Between the laces at the top of the slipper are scallops, and rhinestone ornaments are attached at the scallop points.

Boots for morning wear are being shown with the new garter tops. Of dull calf skins, the models have the new cut at the sides, which is bound to give added comfort. Patent leather combined with garter tops of suede and buttons in the same tone as the suede, is much worn for afternoon use.

For evening wear the most decided innovation in slipper models is in the elaborate studding of the heel with rhinestones. Often, the rhinestone buckle of the slipper is outlined in colored stones to match the gown, while on other models an elaborate network of rhinestones and beaded ribbons entirely covers the ankle.

More conservative models, that are going to be worn considerably this winter, are those done in solid color to match the gown.

## RECIPES.

### Biscuits.

Four cups of sifted flour, three heaping teaspoons of baking powder, three tablespoons lard, one teaspoon of salt, and enough milk to make a soft dough. Mix thoroughly, flatten with the hand until about one inch thick, but with biscuit cutter. Bake in hot oven ten minutes.

### Rolls.

Two cups of scalded milk, three tablespoons of lard, two tablespoons of sugar, one teaspoon of salt, one half cake of yeast mixed with white of egg in one cup of water. Knead again and flavor with currants and cinnamon. Make into rolls and let rise. Bake in moderate oven.

### Boiled Ham.

Wash ham in tepid water and scrape it clean. Soak over night in water to which enough molasses have been added to give flavor. In the morning cover the ham with cold water and simmer slowly to boiling point, then simmer from eight to ten hours, according to size of ham. When done allow the ham to stand in the liquor until cold, then remove skin and trim neatly. Serve in thin slices.

### Frosted Ham.

Boil the ham until done, and when it has cooled, remove the skin and all superfluous fat. Roll and sift very hard crackers and rub the crumbs over the ham. Spread evenly and smooth with a pastry bag and tube. Remove to a platter and garnish with lettuce leaves, watercress, paper (rolls) and a skewer stuck with two pimientos and a piece of truffle.

## LITTLE TALKS ON BABYLOGY

By Anna Steese Richardson  
Babies' Bureau, Woman's Home Companion.

**CLEANLINESS FOR THE BABY.**  
Cleanliness is one of the foundation stones on which is reared the beautiful structure of baby's good health and good temper. When it is neglected, all sorts of weaknesses, discomforts and irritations creep in.

Uncleanliness invites disease and furnishes a lodging place for germs. Moreover the baby that starts off life with benign comfort, through cleanliness forms cleanly habits which it never loses. Whenever a mother tells me that she can't keep her three or four year old baby clean, that it simply "attracts" dirt wherever it goes, whatever it does, I wonder how she started it off at birth. And I have noticed at Better Babies Contests that many minor defects, small ailments can be traced by the examining physicians directly to carelessness on the part of the mother.

Preparations for keeping the baby clean start before he is born. In a drawer or basket covered from dust, should be placed a number of old, soft, clean towels, a thoroughly washed and dried piece of soft woolen blanket or outing flannel, a roll of sterilized gauze, at least half a pound in quantity and the same of sterilized absorbent cotton, a bottle of olive or cotton-seed or sweet oil, a small package of boric acid, some pure white soap or the best castile and a box of talcum powder.

A trained nurse of long experience in maternity cases tells me that the modern doctor looks first to the newborn baby's eyes. Science has proven that a large proportion of men and women who are blind owe the affliction to lack of care at birth. The eyes are easily infected at that time, and blindness is the inevitable result.

This nurse starts baby's career by washing out his eyes very gently with a piece of gauze, dipped in a weak solution of boric acid, directly she has applied the sterilized dressing to the cord. Then she rubs baby from head to foot with the oil mentioned above, rolls it up in the soft, warm blanket, lays it on its right side and turns her attention to the mother, feeling sure that baby's eyes are safe from infection.

Later she gives the baby its first sponge bath of warm water and pure soap, taking infinite care not to disturb the dressing of the cord. After the bath she washes out baby's mouth with gauze and a weak solution of boric acid, and throws this piece of gauze away. With a second piece of gauze and more of the acid solution, she then gives baby's eyes a second washing, dresses him, feeds him and tucks him away for his first sleep in perfect cleanliness and perfect comfort. At first she uses sterilized gauze for all wash purposes, with old, soft linen or toweling for drying. The gauze is then burned, each towel washed and dried before it is used again. Later baby, when a year old, has a soft wash rag and towels of his own, which no one else is permitted to use, and these are washed and dried as scrupulously as his clothing.

For a week, only the sponge bath is given, baby lying on a bath blanket on the nurse's lap. After that if he is well and strong, he may be bathed in a tub. In households where there is the regulation bathroom this is a simple matter. In other homes, a special tub must be provided for the baby. The enameled tub is the best, and it must not be used for any purpose except the

baby's bath. If the family tub is used, it must be cleaned scrupulously before baby is put into the water. The skin of the newborn baby is very tender and infection is always at hand. At the Better Babies Contests I heard more than one physician trace an eruption on a baby's skin to careless bathing or care of the tub. Doctors say that bad cases of boils can be traced to an infected tub. In fact, there are women who love their babies, yet so thoughtless as to leave diapers soaking in the bath tub, where, after a superficial rinsing off with warm water, baby is bathed. Diapers, all of baby's clothing, in fact, should be soaked and washed in separate utensils, never in the bath tub.

The bathing of the baby each morning should be a systematic process, never done hastily or carelessly. There should be a thermometer for the room and one for the bath itself. The room thermometer should register from 75 deg. to 80 deg. F. For the first eight weeks of the baby's life, the bath thermometer should show that the water is 100 deg. F. From two months to six, the temperature should be 98 deg. F. From six months to twenty-four, it should register from 85 deg. to 80 deg. F.

The mother who desires to insure her baby good health should not "guesstimate" the temperature of the water, nor neglect the bath or "bust" days. Baby needs this thorough cleansing as much at one year as at one month, and from that time on he is forming habits and feelings which demand cleanliness. There is such a thing as educating a child to endure dirt, from sheer carelessness.

A baby should not be laid into the tub and hastily sponged off. The operation starts with baby laid comfortably on a warm blanket, spread on mother's knee. First the face and head are washed with clean gauze and dried. If there is a tendency to scurf or scales on the head, rub the head every night with sweet-oil,aseline or cold cream, wash off gently in the morning and after drying, apply witch hazel or alcohol and water in equal parts. Never use a fine tooth comb to remove these scales. When there is a tendency to persistent growth of scales or milk crust, it may be necessary to stop washing the head and cleanse it only with oil or cold cream.

Next, the eyes, nose, ears, and genitals are washed with a piece of absorbent cotton, wet with a solution of boric acid and water, a teaspoonful of the acid to a pint of warm water. This absorbent cotton is then burned or thrown away, never used again.

Now baby is thoroughly soaped, and laid in the tub, its head firmly supported so that the water does not run into the eyes or ears. A fresh piece of absorbent cotton is used to rinse off the soap, the baby is lifted from the water, dried quickly with an old soft towel and powdered. The drying should be done by patting not by hard rubbing, and the creases be dried before the talcum powder is applied.

You will notice that I have not spoken of washing out the baby's mouth. Doctors seem to agree that the practice is apt to cause thrush and other affections of the mucus membrane. It is extremely easy to tear the delicate lining of the mouth, and Nature has provided a cleansing element in the saliva which gathers in the baby's mouth.

The healthy baby will soon learn to enjoy a bath properly given and show eagerness for it. The delicate baby should be bathed under direction of a physician. He may order a sponge bath only, or an oil rub. Children suffering with any form of skin disease should not be bathed unless the doctor orders it. Eczema and ringworm are both aggravated by soap and water bathing.

But the healthy baby should have this morning bath between his 6 o'clock feeding. It sends him off drowsy to his morning nap. When the baby is a year old, the hour for bathing may be changed to 5:30 in preparation for the night's sleep. In this way the child's entire being demands a bath, the sensation of cleanliness, and when he is able to bath himself he will do it as mechanically and regularly as he removes his clothing to retire.

Many mothers ask whether a baby should have a cold sponge after the warm bath. The word "baby" is elastic. A child under two years is not strong enough for the application of cold water. After two years, a sturdy child can be gradually accustomed to a cold shower or douche, by reducing the temperature of the rinse water a trifle each night, until it is the temperature at which it runs from the tap. But always the warm bath should be given first for cleansing the pores. The cold water serves merely to stimulate circulation and ward off colds.

The most important habits of cleanliness are inculcated in a child by the mother's own care of the baby's diapers. If the baby is kept dry and clean from birth, he will find when he is wet and soiled. And from fretting over discomfort from uncleanness he will grow into habits of

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cleanliness. He will learn regularity and self-control.

The careless, untidy mother has no right to expect Nature to provide her with a fine, healthy child. He may be well proportioned and healthy when he comes into the world, but he will soon lose strength and health if he is not kept clean. Badly rinsed clothing causes eruptions, for the remains of soap, salt soda and lye irritate the baby's tender skin. Carelessly washed diapers cause chafing and nervous affections. Eczema germs will find a lodgment in inflamed creases that ought to be dimpled, pink folds of healthy skin. A dirty or scaly scalp itches, and itching keeps the baby awake, making him nervous and fretful.

I know mothers who spend hours sewing on lace and embroidering tiny frocks, yet who hurry through the process of bathing. This is a grave injustice to the child. Copyright, 1913, by the Woman's Home Companion.

## SCHOOL POPULATION ON THE INCREASE

A gain of 2044 students between the ages of 6 and 18 years over last year, is shown by the state school census for 1913, announced yesterday by the state board of education. With the exception of Cache county,

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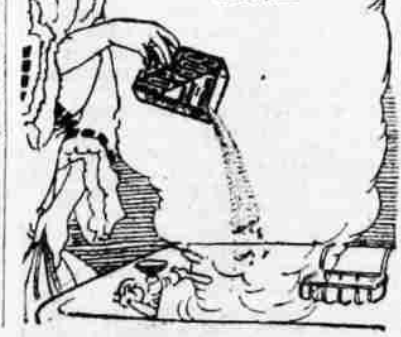
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every county in the state shows marked gains in school population, large increases being noted in Ogden, Provo, Logan and Murray. In Cache county the falling off was only slight.

The total number of students in the state between the ages of 6 and 18, is 117,632. In Salt Lake the gain over last year is 868 students. The gain throughout the state is the largest in the history of Utah.

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